



**PORMPUR NGAMPLIN
PAM MONGTHAK**
ABORIGINAL CORPORATION

PNPM

News Week

- FORMERLY PORMPUR PAANTHU ABORIGINAL CORPORATION (PPAC) -

Issue
285

Monday 16
February
2026

ARTS & YARNS Program

FREE Art Therapy workshops for parents and carers based on the Bringing Up Great Kids program

ABOUT THE PROGRAM

- Use art and gentle reflection to explore your parenting journey in a safe, supportive space
- Build emotional awareness, empathy, and secure connections with your children
- Slow down, yarn together, and gain practical insights for raising confident, resilient kids

HEALING CENTRE
WEDNESDAYS 10AM - 11:45AM

DATES:

- Wednesday 11th February
- Wednesday 25th February
- Wednesday 11th March
- Wednesday 25th March

TO ATTEND, PLEASE CONTACT THE HEALING CENTRE

MICHEAL QUINN is coming back to PORMPURAAW

30th March to 2nd April 2026
18th to 22nd May 2026
22nd to 26th June 2026

Sit down with MICHAEL QUINN at the PNPM Healing Centre.

- ✓ One-on-one support
- ✓ Group sessions
- ✓ Conflict resolution strategies
- ✓ Guidance on communication and relationships

MICHAEL recently visited our community to conduct these supports. Due to popular demand, he's coming again to offer his support and expertise.

Don't miss the opportunity to learn and chat with someone who has strong experience and expertise you might find of benefit to you!

Come and see him at the PNPM Healing Centre
07 4060 4260 or 0474 498 307

AA MEETING

Come Have a Yarn!

Every Wednesday at 11 AM
AT RISE

rise PORMPUR NGAMPLIN
PAM MONGTHAK
ABORIGINAL CORPORATION
ABN 76 781 343 047

PPAC's Playgroup is held on Monday, Wednesday and Friday at the Corner Shed from 10am to Midday.

Outside School Hours Care is available from 3pm to 5pm Monday to Thursday and 1.15pm-5pm on Friday during the school year.

Vacation Care is available during the school holidays.

For more information contact Sandra on 4060 4001



FEB2026

Men's Support Program for men aged 16 and older.

MEN'S SUPPORT SERVICES

FEBRUARY 2026 You are invited! Bring someone along.

MONDAY SUPPORT & CHILL

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am one-on-one support
- 12:00pm Transport from Men's Shed to Healing Centre



Shed Open 1pm - 3:30pm Biscuits & Tea | Pool | Yarn

TUESDAY PROGRAM & HANDWORK

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am Learning how to manage my emotions
- 11:00am Lunch (Full - Meat & Rice)
- 12:00pm Transport from Men's Shed to Healing Centre



Shed Open 1pm - 3:30pm Pool | Cultural Handwork
(spear-making, boomerang-making, etc.)

WEDNESDAY GATHER WOOD, AA / ART

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am collect supplies for handwork
- 12:00pm Transport from Men's Shed to Healing Centre



Please note: 11:00am AA meeting at Rise.
(if you are at the Men's Shed, we will take you to Rise)

Shed Open 1pm - 3:30pm Pool | Art

THURSDAY FISHING & CHILL

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Damper & Tea at Men's Shed
- 12:15pm Transport from fishing to Healing Centre



Shed Open 1pm - 3:30pm Pool | Yarn | Handwork | Art

FRIDAY CULTURAL & FEED

- 9:30am Transport from Healing Centre to Men's Shed
- 11:00am Lunch (Light - BBQ sausage & bread)
- 12:00pm Transport from Men's Shed to Healing Centre



Call 0488 928 415

For more information and to arrange transport.

To report sly grogging, phone the confidential Sly Grog Hotline on 1800 500 815

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY